

6to A -Instituto Bertora-

Trabajo práctico Integrador

1- Read the text and mark True (T) or False (F)

The healthy people of Okinawa island

Okinawa Island is the largest of a group of islands that lie in the Pacific Ocean, to the south of the rest of Japan. The people there are different from other Japanese people. For example, they have their own culture and language, although now only older people speak the Okinawan language. Okinawans also live longer than other Japanese people. In fact, they live longer than most people in the world. For every 100,000 people on the island, thirty-four live to be a hundred years old! In the USA, only ten people in 100,000 reach that age.

So, what is the secret of the long lives of the Okinawan people? Well, scientists believe it is because of their traditional diet. About forty years ago, Okinawans only ate food that they produced on the island. They ate a lot of green and yellow vegetables, and only a little meat. They loved pork, but they only ate it on special occasions, and they didn't eat many eggs or drink much milk.

Although they lived by the sea, they only ate a little fish; unlike most Japanese people who ate, and still eat a lot! People who lived in Okinawa also didn't eat much rice.

Unlike other Japanese people, they preferred to eat sweet potatoes, which don't have as many calories as rice. It seems that a lot of older Okinawans live to be a hundred because they grew up with a healthy, low-calorie, mostly vegetarian diet.

Scientists have discovered that elderly Okinawans rarely get diseases which kill a lot of people in other parts of the world. In the USA, for example, a lot of people die from heart disease, but on the island of Okinawa the number of people who develop heart problems is eight times less than in the USA.

What about the future? Will young people who are growing up on Okinawa now also live to be a hundred? The problem is that life on the island now is busier and more modern than it once was, and most young people there have the same choices and lifestyle as young people in the rest of Japan. As a result, Okinawan teenagers buy

a lot of fast food and fizzy drinks, just like other Japanese teenagers, and they often eat rice and bread instead of sweet potatoes and vegetables. Okinawa is still mostly a healthy place to live, and the young people who live there have a healthier diet than teenagers in the rest of Japan and in other parts of the world, but it's not as different as it was a few years ago. So, it's possible that fewer people will celebrate their 100th birthdays in Okinawa in the future.

- 1 Okinawa is a Japanese island.
- 2 People in Okinawa live longer than people in the rest of Japan.
- 3 A higher percentage of people in the USA live to be a hundred than in Okinawa.
- 4 In the past, Okinawans bought a lot of food products from the rest of Japan.
- 5 In the past, Okinawans didn't eat any type of meat.
- 6 Eggs weren't a common food in Okinawa forty years ago.
- 7 Most Japanese people ate more fish than Okinawans did.
- 8 In the USA, more people get heart disease than in Okinawa.
- 9 The way people live in Okinawa is the same today as it always was.
- 10 Today, people in Okinawa eat more rice than they used to.

Grammar

Will /going to

- 1- Shopping centres _____ exist in the future. We _____ buy everything online
- 2- I think people _____ live in another planet in 2050
- 3- There's evidence that overpopulation _____ be a bigger problem.

4- There _____ a catastrophe if we don't protect the Earth

5- We believe the human race _____ become extinct

6- Do you think you _____ travel to space one day?

7- How many people _____ live in another planet?

8- Look at the thermometer! The temperature _____ increase

9- Soon, the Tatú carreta _____ disappear in Argentina because they are in danger.

10- We _____ pass this test. I know it!! 😊

Choose the correct option

1- They have a new boat. They _____ sailing every weekend.

a- do b- play c- go

2- At our school we _____ a lot of track and field events, like running.

a- do b- go c- play

3- _____ for sports with a ball.

a- go b- do c- play

4- _____ for sports that end with -ing.

a- go b- do c- play

5- _____ for individual sports or martial arts.

a- go b- do c- play

6- April is the _____ month of the year.

a- wetter b- wet c- wettest

7- Messi is _____ than Cristiano Ronaldo.

a- best b- better c- good

8- We _____ a goal in the last 2 minutes.

a- shoot b- kick c- score

9- Can I _____ some money?

a- borrow b- lend c- earn

10- I can't _____ to go out every weekend.

a- spend b- afford c- pay

First Conditional

1- If I _____ (go) out tonight, I _____ (go) to the cinema.

2- If you _____ (get) back late, I _____ (be) angry.

3- If we _____ (not/see) each other tomorrow, we _____ (see) each other next week.

4- If he _____ (come), I _____ (be) surprised.

5- If we _____ (wait) here, we _____ (be) late.

6- If we _____ (go) on holiday this summer, we _____ (go) to Spain.

7- If the weather _____ (not/improve), we _____ (not/have) a picnic.

8- If I _____ (not/go) to bed early, I _____ (be) tired tomorrow.

9- If we _____ (eat) all this cake, we _____ (feel) sick.

10- If you _____ (not/want) to go out, I _____ (cook) dinner at home.